

Hoop Sequence Three Planes

	Horizontal plane L	Horizontal plane R
1		
2		
3		
4		
5		
6		
7		
8		

	Back vertical plane L	Back vertical plane R
1		
2		
3		
4		
5		
6		
7		
8		

	Front vertical plane L	Front vertical plane R
1		
2		
3		
4		
5		
6		
7		
8		